



Carrot Facts

- Carrots are the second most popular vegetable in the world after potatoes
- Carrots were first grown as a medicine, not for food!
- Carrots were first cultivated in the area now known as Afghanistan over 2000 years ago!
- The first carrots were purple and yellow
- Orange carrots were not developed until the 1500s in the Netherlands
- Carrots can be white, yellow, orange, red, purple or black!
- The root hairs on carrots can extend 2.13 – 2.44 metres (7 – 8 feet) into the soil in search of water and nutrients; beet root hairs travel even deeper
- Carrots are biennials, which means that it takes two years for them to produce seeds; in order for carrots to produce seeds in Canada, we have to pull them in the fall, store them all winter in a cold storage, replant in the ground the next spring, and let the leafy green tops send out a flowers which will turn to seeds! That's why most people go to the garden centre to get fresh seed every spring.
- The world's longest carrot ever recorded was 5.839 metres and was grown in the United Kingdom
- The world's heaviest carrot weighed 8.44 kg (18.6 lbs) and was grown in the United States
- The average American eats 6.17 kg (13.6 pounds) of carrots in a year
- If babies have a diet high in pureed carrots (baby food) they often develop orange skin from the carotene, which disappears when they decrease their carrot intake!


Carrot Nutritional Facts


Carrot, raw	
Nutritional value per 100 g (3.5 oz)	
<u>Carbohydrates</u>	9 g
- Sugars	5 g
- <u>Dietary fibre</u>	3 g
<u>Fat</u>	0.2 g
<u>Protein</u>	1 g
<u>Vitamin A</u> equiv.	835 µg 93%
- <u>beta-carotene</u>	8285 µg 77%
<u>Thiamine (Vit. B1)</u>	0.04 mg 3%
<u>Riboflavin (Vit. B2)</u>	0.05 mg 3%
<u>Niacin (Vit. B3)</u>	1.2 mg 8%
<u>Vitamin B6</u>	0.1 mg 8%
<u>Vitamin C</u>	7 mg 12%
<u>Calcium</u>	33 mg 3%
<u>Iron</u>	0.66 mg 5%
<u>Magnesium</u>	18 mg 5%
<u>Phosphorus</u>	35 mg 5%
<u>Potassium</u>	240 mg 5%
<u>Sodium</u>	2.4 mg 0%
Percentages are relative to U.S.A. recommendations for adults.	


In My Vegetable Garden


In my vegetable garden I can see
 Two little carrots smiling at me.
 I pulled on the carrots as hard as I could,
 Pop, out came the carrots
 Mmmm, were they good!




 three carrots give you enough energy to walk 4.8 kilometres

 there is as much calcium in 9 carrots as there is in a glass (250ml) of whole milk

 no other vegetable or fruit contains as much carotene as carrots, which the body converts to vitamin A

 Vitamin A affects the formation and maintenance of skin, mucous membranes, bones, and teeth and vision. Dietary Vitamin A, in the form of beta carotene, is an antioxidant, which may help reduce the risk of developing certain cancers.

 Carrots are good for you any way you serve them - cooked, micro-waved or raw

What to look for when purchasing carrots: If buying carrots with green tops, look for bright green lively leaves with a firm root that is free of cracks. Look for packaged carrots that are free of cracks or do not appear dried out; check the best before date on packages of mini carrots for the best looking (not overly wet or dried and whitish) as they have been processed and have a shorter shelf life.

Storing carrots for freshness: Trim off the green leaves as soon as possible. If you don't, the leaves will draw moisture from the carrot. Store carrots in a plastic bag in the refrigerator crisper and they will keep for several days or even weeks depending on how fresh they were when you purchased them, and the variety.

Carrots Commonly Grown in Canada

Nantes: This is a popular carrot with a sweet taste. Nantes carrots are almost cylindrical in shape, and round off at the end rather than tapering off, a bit like a hot dog. They have a small core and a larger outer cortex. Sugars accumulate in the cortex, giving Nantes their sweet taste. Nantes carrots do not store for very long. They mature in early to mid-summer, and are usually eaten fresh.



Nantes Imperator

Imperator: This carrot type is the most commonly grown carrot because of its high yields and long storage potential. Imperators are long and tapered. They are a late-maturing variety, and generally have a larger, more fibrous core; therefore they do not have the sweet taste of other carrot types.

Chantenay: Shape-wise, Chantenays are intermediate between a Nantes and an Imperator. They are tapered like the Imperator,

but the bottom rounds off somewhat like the Nantes. Chantenays are also sweet tasting like the Nantes.

Danvers: Danvers are medium-length carrots, conical in shape, and thicker than Imperators. The end of the root is tapered. Danvers varieties are used in both the processing and commercial fresh market industries.



Chantenay

The University of Saskatchewan Plant Science Department has conducted carrot variety trials the last two decades. Some varieties that perform best in Saskatchewan are:

- *Nantes:* Evora, Forto Selection, Magno, Mokum, Nantes Coreless, Nantes Half Long, Nantes Improved, , Nantes Strong Top, Napoli, Navarino, Nelson, Vitana, YaYa
- *Danvers:* Ideal, Kamaran, Royal Chantenay
- *Imperator Nantes:* Enterprise, Tendersnax
- *Imperator:* Apache, Arrowhead, Autumn King, Bremen, Dynabites, Eagle, Kingdom, Magnum, Nandrin, Nevada, Pronto, Sugarsnax, Sunrise, Sweet Bites, Uppercut 25, Vita Treat
- *Coloured Root Types:* Dragon, Rainbow

Source: Recommended Vegetable Cultivars 1989 – 2008; University of Saskatchewan, Plant Sciences Department; a handout at Gardenscapes 2009